

## 2/1 CONNECTION

USMC — Camp Pendleton

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# Combating Deployment Anxieties

By Ann Wells

Military families deal with a lifestyle that is defined by constant and extreme change. Extended deployments, schedule changes, and long family separations make coping even more difficult - but help is available.

A deployment is an unwieldy beast. Just as each mission is different, so too is each deployment: the schedule may change, communications with home will vary tremendously, missions may be classified, the crew may be mixed gender, there may or may not be port calls. A large part of the frustration is due to the uncertainty.

Establishing effective methods to deal with financial or emotional upheavals during the service member's absence is an essential element in successfully managing your first, fifth, 10th, or final deployment cycle, even if that deployment is extended or moved up two weeks.

**Family Separations**  
make coping even more  
difficult, but help is  
available...

An excellent resource for Sailors, Marines, and their families is the Fleet and Family Support Center (FFSC) or the Marine Corps Community Service/Family Readiness Division (MCCS). The FFSC (<http://www.persnet.navy.mil/pers66/FSCMap.htm>) and MCCS (<http://www.usmc-mccs.org/>) offer support services before, during, and after deployments. Services are available for individuals, couples, families,

or classroom settings. Whether you want help with preparing a budget, dealing with separation anxiety, or learning about how other families handle the distance, the services of FFSC and MCCS are available

at no cost to service members and their families.

For online tips on deployment-related issues, check out the Deployment Link website (<http://deploymentlink.osd.mil/>). There you'll find news and information about deployment, family support, and medical issues.

Many families turn to the base or command chaplains for support. Chaplains are ministers, priests, or rabbis who offer counseling and other types of family enrichment programs that can help ease the stress of a deployment.

The Navy-Marine Corps Relief Society (NMCRS) (<http://www.nmcrs.org/>) offers financial counseling and assistance to service members and their families. Emergency grants or loans for food, shelter, clothing, or emergency transportation are available for those who qualify. See the NMCRS website for details.

Another resource for military families is the command ombudsman, who serves as an official liaison between the commanding officer and the families. While you certainly shouldn't call your ombudsman for a ride to the bus station, do call when you need information about such things as the ship, the unit, the squadron, the base, or the hospital. If you've heard rumors about a

## Ways to Show Your Support

Your Sailor or Marine has just left for a long deployment overseas and you want to continue to show them that you care. There are many wonderful ways to tell them they're missed that are inexpensive and add a personal touch just from you.

**You Have Mail!**

The explosion of the Internet has benefited military personnel and their families worldwide. Free email, photos, electronic cards, and even web cams can give you the freedom to express your support. Many photo-processing centers can place your photos online free without your having to invest in costly equipment. If

you don't have access to a computer at home, many base facilities have drop-in services for military families. They allow you to send and view your mail, as well as use their webcams so that your Sailor or Marine doesn't miss out.

## Ways to Show Your Support, Cont.

With all of the technology available, don't forget the good-old-fashioned hand-written letter. Sometimes your servicemember needs a personal touch from you.

If communications are few and far between, you can still find creative ways to keep in touch. Start a daily journal of the events at home, including supportive messages, funny jokes, and even baseball scores. This way they will always feel close to home.

### Care Packages: More than Cookies

Personal packages from home can mean the world when nothing looks familiar. While favorite snacks can be hard to come by, keep in mind that they might not arrive in their original condition.

Some spouses make creative things that the servicemember can take with them that will last the whole deployment. Rhonda, from Camp Pendleton, whose husband is currently deployed, suggests

making pocket calendars. "I marked every important holiday, birthday, and anniversary on the calendar and left messages under post-it notes. Each day, he always had a new note from me and something to look forward to." These same messages can also be done with homemade puzzles and personalized coupons that can be redeemed when your spouse arrives home.

### Be Supportive, But Be Careful

Although communication and support are essential during deployments, please keep in mind some things to avoid:

- When your spirits are down, be careful what you relay to your service member. They may be left feeling helpless from many miles away.

Do not send expensive or irre-

placeable items overseas. It's not worth the risk if your package becomes damaged or lost.

- Stay within your budget. Set aside a maximum amount per month to spend for long-distance calls and care

package items.

- Be careful about what information you submit via the Internet. Keep in mind that operational security is of the utmost importance.

Remember to take care of yourself. If you feel that you need additional support, turn to your Fleet and Family Support Center (<http://www.bupers.navy.mil/pers6/>) or Marine Corps Personal Offices ([http://www.usmc-mccs.org/perssc/prevent/prevention\\_main.asp](http://www.usmc-mccs.org/perssc/prevent/prevention_main.asp)) for help.

**Personal Packages from home can mean the world when nothing looks familiar...**

## Strengthening Your Marriage, Even During Deployment

Marriage is not always easy or smooth sailing. For the Sailor or Marine and their family it's even more complicated. Deployment will test even the strongest of marriages. Military marriages definitely weather some storms, but take heart; they often come through stronger than before.

Finances are a big stressor in marriages. Iron out the details of how you will both receive the funds you need prior to your Sailor or Marine leaving. Set up any allotments necessary and stick to the arrangements. If one of you has to dip into

the other's account, make sure you get word to that person as soon as possible.

Sharing information and good communication is important in a marriage that never sees separation. It is especially true for couples that sometimes have an ocean between them. Keeping one another involved is key, but tact and timing are everything. There is nothing more frustrating or worrisome for a Sailor or Marine than to receive an e-mail, telephone call or letter about a catastrophe that they can do absolutely nothing about. That doesn't mean you don't share, it just means you tell them the

whole story, beginning, middle, and end all at once. Your Sailor or Marine knows that life will have its ups and downs. If you share only the good days they may start wondering what you're hiding. Consider how what you write or say will affect them so far from home and unable to help.

John,  
I can't believe you're not here. I really need you. How could you do this to me? Everything is awful, there is water all over the floor, I still can't drive the car and I can't find John Jr. If I let you in the house

## Combating Deployment Anxieties, cont.

By Ann Wells



schedule change or some kind of accident, ask your key volunteer - you'll get accurate and timely information.

In extreme emergencies, such as illness or death, the Red Cross provides emergency communications, financial assistance and counseling to members of the Armed Services. Look under Armed Forces Emergency Services on the Red Cross website for details (<http://www.redcross.org>)

The attention during a deployment rightly falls on service members. Their days are long, tiring, stressful, and possibly dangerous. As the at-home spouse, you may experience some anger or frustration at being left alone to deal with the broken stove, the dead car, and the misbehaving kid. Don't worry, you're not alone, and you don't have to apologize for how you feel.

However, you may be able to ease some of your stress by participating in spouse group activities, even if you don't usually do so. Family Support Groups (FSG) offer friendship and support to fellow spouses. The people in these groups understand how you feel in a way that your friends and family cannot. Contact your ombudsman for information on the FSG. You may find that the camaraderie and support available through the FSG will dispel some of your anxiety about both the separation and the reunion.

To find out whether the ship or squadron has a website, look for a link online. The ship or squadron website may have a link to the FSG.

Look on the Navy OnLine site (<http://www.navy.mil/cgi-bin/sites.pl?~cat>) an alphabetical listing of Navy websites.

Post 9/11, fears for the safety of your service member have never seemed more acute. The prospect of longer and more frequent separations is unpleasant. But by preparing in advance and making use of the services offered, you can ease the burden.

## Strengthening Your Marriage, cont.

If I let you in the house, you are so going to owe me big time.  
Sincerely,  
Jane

If you wait 24 hours, when problems often get resolved, or emotions are lower, you can send the same information without worrying your Marine or Sailor.

**My Dear Sweet Husband,**  
You would not believe the last few days. The washing machine exploded all over the laundry room and kitchen. Don't worry, I borrowed the neighbors wet/dry vac and called the Sears repairman. The kitchen floor has never been cleaner. The car must have been in cahoots with the washing machine as it refused to start yesterday morning. After circling it for an hour and placing a few well-aimed kicks, I remembered that Sue's husband is a mechanic in Motor Transport. Turns out it was just a loose battery cable. I went to find

John jr. and somewhere between the exploding washing machine and car not starting he disappeared. I finally found him fast asleep under all the blankets on our bed. I overlooked the lump a few times, but one of the MPs found him after they had been looking for about 45 minutes. He had a great nap. All is calm today. I look forward to how your Monday was.  
Love always,  
Jane

In your darkest moments during a deployment try to share those feelings and emotions in a journal that you keep for your Sailor or Marine to read when they return. The journal should include the good and the bad. This will give you an avenue to vent, and it will let your spouse see through your eyes how much your heart ached for them. If they can keep a deployment journal for you, it will help you understand what they go through and what life is like for them in a sometimes all work environment. Seeing each other's side after you are both back together can help you develop a new respect for one another. It doesn't hurt to

have you close by for a hug or two either.

Finally, preparation is everything. Take time to nurture your marriage before you go through a deployment.

Chaplain's Religious Enrichment Development Operations (CREDO) is a great way to strengthen your marriage during one of their Marriage Enrichment Retreats (MER). Building a love that lasts takes work before, during, and after deployment. Even the best of marriages require consistent growth to survive choppy waters.

**In your darkest moments during a deployment, share those feelings in a journal for your Marine to read when they return...**



## All About You

To all the BLT 2/1 spouses,

As you receive this newsletter, we begin our journey together through our deployment. There will be challenges that we face, as there is no such thing as an easy deployment. Please reach out to one another and connect with your key volunteers. Your key volunteers will be passing official messages when we receive them. We will also plan family events to provide opportunities to get together. This is especially important if you are new to Camp Pendleton, or have children. Please feel

free to call me or any of your key volunteers if you have questions.

We will be planning our first family day and plan to have a puppet show for the children. This puppet show addresses specific issues that children face during deployments. Your key volunteer will contact you with the date and location. If you have any ideas or suggestions for our family days or half-way party please feel free to call me or e-mail me.

God Bless you and your families and know that we can survive.

Sincerely,  
Rose Ingersoll  
Key Volunteer Advisor, BLT 2/1

**Your Key Volunteers will be passing official messages when we receive them. We will also plan family events...**

### MCCS Personal Services

**C. R. E. D. O.** 725-4954  
Chaplains Religious Enrichment Development Operation

**PREP** 725-4954  
Prevention & Relationships Enhancement Program

**L. I. N. K. S.** 725-2335  
Lifestyles, Insights, Networking, Knowledge & Skills

**SLS** 763-1337  
Spouses' Leadership Seminar

**KVN** 725-6637  
Key Volunteer Network

**DRS** 725-9052  
Deployment & Readiness Support

Visit us on the World Wide Web at: [www.cpp.usmc.mil/jpao/villagecenter/home.htm](http://www.cpp.usmc.mil/jpao/villagecenter/home.htm)

## Who are the KV Coordinators??

### BN Advisor:

Rose Ingersoll  
760-430-5116 (H)  
760-725-6637 (W)  
[Ainger3745@aol.com](mailto:Ainger3745@aol.com)

### H&S Company

Stacy Wilbarger  
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### FOX Company Co-Coord.

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### ECHO Company

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### FOX Company

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### LAR Company

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[Kmbarger@yahoo.com](mailto:Kmbarger@yahoo.com)



**The Muscles Behind the Marines...**

## Commanding Officer's Corner

Families and Friends of Battalion Landing Team 2/1 I wanted to take a few moments of your time to extol the virtues of the Marines and Corpsman of "The Professionals" as we set sail aboard the USS Tarawa Amphibious Ready Group in defense of our nation and freedoms we all hold dear. On 22 July, BLT 2/1 formed as we brought together all the combat power to fight our enemies - tanks, artillery, amphibious vehicles, engineers, and light armored vehicles. Altogether, this equipment, manned by your magnificent men has been put to the test and evaluated through a series of training courses that culminated in a Special Operations Certification from the sea. Your Marines and Corpsman took up the challenge, exceeding expectations and displaying their motivation and preparedness for combat throughout.

As I write this letter, your Marines are embarking the vehicles and weapons of war aboard the Navy ships in preparation to deploy through the Pacific to the Middle East. My family like yours wonders what is next? With our nation at the brink of war, where will my Marine or Corpsman end up, what are the dangers and are the rewards worth



the risk? To answer these concerns let me assure you that my confidence in the warfighting ability of those husbands, sons, brother, fathers - all volunteers - is without question. Their skills, knowledge and trust in one another are forged tightly together in the eagle, globe and anchor each wears over his heart. The Marine Expeditionary Unit - 15th MEU(SOC) - of which we are all part is the nation's first responder. Your Marines like those that have served before them will not shy away from a challenge or a call to arms from our nation. The risk to lives is without question ever present, not only from our enemies but the very environment we operate in at sea and aboard aircraft. The value of this sacrifice is best understood from the scribbles written on the back of a C-Ration case found in Khe San Vietnam at the conclusion of the siege by the North Vietnamese army. It said,

"For those who fight for it, freedom has a special flavor the protected shall never know."

The unknown Marine who wrote those ironic words was not only joking about the taste of the C-Ration, but he truly internalized the reason for his being in that spot, in that time in history - it was about freedom. Is the separation, the risk and stress worth all of

this - each of you must answer for yourself, but when I look into the sparkle of my six year old daughter's eye and consider the world she will inherit, I know that we could due nothing less - that is what makes us special, United States Marines.

By the mailing of this letter we will be en route to Hawaii and Singapore. If our deployment stays on track some Marines will train with the Pakistan army and we will all come together for a major exercise with the Kuwaiti army. Our return is scheduled in early July and we will update families as events and ports of call are changed. Mrs. Theresa Mathem is the BLT Key Volunteer Coordinator. I will be in regular contact with her, updating her on events and the progress of the BLT. Please stay in contact with your company KV's and the DADD, SSGT Donnelly for any questions or concerns.

Thank-you to all families for allowing me to lead such fine men, you have my promise that their welfare is my daily concern, that they will succeed in any assigned mission and their safe return home is my priority.

Semper Fidelis

LtCol A. E. Ingersoll III  
Commanding Officer

## Remember your Local Contacts for Information

Ssgt Randy Donnelly is your DADD for this deployment. He is here if you need assistance, as is the key volunteer network.

If you are looking for an everyday update, please call the toll-free hotline to receive the latest updates DADD (at home contact)

SSgt Randy Donnelly

Work: 760-725-7684

760-725-7687

Cell: 760-207-5631

Email: Donnellyrs@1mardiv.usmc.mil

Key Volunteer Main Number:

Work: 760-725-6637

Hotline for the Most

Recent Updates:

1-866-676-0662,

## H&S Company Updates

Dear families and friends,

Headquarters and Service Company has been busy during this work up period. We have just successfully completed our 15<sup>th</sup> Marine Expeditionary Unit Special Operations Capable Qualifications. You will be proud to know that your Marines and Sailors were an enormous part of gaining this important qualification. Their tireless work contributed to the successful mission completion from surveillance and reconnaissance, cooking meals in support of missions, maintaining communications, staff planning, fixing vehicles, treating the sick, and improving quality

of life of the Battalion. Your Marines are instrumental in the every function of Battalion Landing Team 2/1 everyday, without your Marines we could not be mission capable.

Wi  
SL  
Ci  
lie

We hope that you and your loved ones enjoyed the Holiday season. Shipboard life has set in and all the Marines are surely missing their families. The best thing to ensure your Marines morale is your love and support by sending letters and emails. Our next training opportunity will be on the Big Island of Ha-



Sincerely,  
Don Han

## FOX Company Updates

Greetings Fox Company Families,

We hope you enjoyed the holidays with your Marine. Fox Company finished out the at-sea periods with Fleetex and Socex, which were both resounding success. The 15 MEU is now special operations capable, due in great part to the dedication of your Marine.

This training cycle has been both mentally and physically demanding on the Marines of Fox Company, as well as the families.

Now before us, is the Western Pacific deployment, which will tax Marines and families even more than the work-ups before the deployment. Your Marine is prepared, which will keep all of us safe. Keep in touch with your Marine, it helps keep spirits alive. We couldn't do this without you.

Semper Fi,  
Fox Company

The men of Recon Det, BLT 2/1 have been hard at work preparing for the January deployment. Since the last newsletter, Recon has supported the BLT and MEU during the at sea periods of Comptuex and Fleetex/Socex. During this period of time the men really proved themselves by demonstrating their ability to support the raid force commanders while under serious time deficits as well as intelligence gaps. Armed with little information and very little time, Recon was still able to guide the raid force ashore and to their objective sites. Overall, BLT Recon has become well assimilated into the BLT family and is looking forward to our future deployment.

## RECON Updates

Looking inwards we are pleased to announce that Cpl's Stanberry and Wold have successfully completed the Army Airborne School. Additionally Sgt's Decker, Krajnik, and Lalota received Navy and Marine Corps Achievement Medals

for their outstanding support of the BLT and the MEU during these workups. These awards reflect the hard work and diligent effort displayed by all members of BLT Recon.

Recon was able to  
guide the raid force  
ashore and to their

To the families of BLT Recon and the rest of BLT 2/1 have a happy and safe holiday period.

Recon Company

## WPNS Company Updates

Greetings and Happy Holiday's to the Families and Friends of Weapons Company!!!

First of all, I would like to wish everyone a Merry Christmas and Happy New Year's! Enjoy the Holidays and the time together!

Since October, your Marine has been involved in a myriad of exercises that has kept the platoon and the company extremely busy. The company got underway on the USS TARAWA and USS RUSHMORE for our first "at-sea period" in mid-October to get familiar with ship life and all the associated growing pains that go along with living on ship on a daily basis.

Both the 81mm mortar platoon and the Combined Anti-Armor Platoon conducted several missions during both our first and second "at-sea periods" and their performance was superb in every mission. Your Marine and the remainder of the Company successfully completed our Special Operation Capable Exercise held from 20-25 November 2002 and the company is fully qualified and prepared for our upcoming Western Pacific/Arabian Gulf Deployment with the 15<sup>th</sup> Marine Expeditionary Unit (Special Operations Capable). The deployment date is set in stone for 6 January 2003.

In our remaining weeks aboard Camp Pendleton, we all will enjoy a lengthy and much-deserved holiday leave block period until the morning the 3 January 2003. The ships will be loaded with all of our vehicles, weapons, and our individual

"creature comforts" needed to sustain our sanity and well-being for the duration of the six month deployment.

Once we set sail on the morning

**Your Marine will have a day and a half break... to make a few phone calls to the United States.**

of 6 January, we will be underway for Hawaii and upon arriving, the company will conduct a two day training exercise in the training areas to sustain the high levels of proficiency we have attained over the past several months. Your Marine will have a day and half break after we finish up our two-day training package to make a few phone calls back here to the United States. Along with making phone calls whenever we pull into a port for some time to relax ashore in the

various countries throughout our traverse across the Pacific and Indian Oceans, every Marine in the company will have an email account on ship and have the ability to write to you all back here in the states on a daily basis. As we prepare to pull into a port for some liberty, I will send an email to our Company Key Volunteers and inform them to expect to hear from their husband within a day or so once we are ashore in whichever country we arrive to.

Thanks for your continued support during this strenuous period of time! Your hard work, dedication, and the support you provide your Marine on a daily basis is greatly appreciated and I thank you for it! If you have any questions or concerns regarding anything your Marine is involved in during our deployment, please contact your key volunteer or myself. My email address for deployment is:

McCreadyMP@TARAWA.USMC.MIL.

Semper Fidelis,

Captain Mike McCready

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***Only those who will risk going too far  
can possibly find out how far one  
can go.***

***~T.S. Eliot***

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## LAR Company Updates

October and November were busy, but very successful for the Marines and Sailors of Alpha Company. During October, we completed our live fire 25mm and small arms ranges, and the Combined Training Underway Exercise (COMTUEX). COMTUEX was a 10-day exercise that began to teach the Marines what shipboard life entails, and the processes for disembarking into a real-world scenario. Alpha Company took part in a night raid and a live fire maneuver range during this exercise.

The company also acted as the reinforcement standby for E Co's raid. November brought another underway exercise that combined FLEETEX and SOCEX. This is an evaluated exercise that certifies the MEU capable of a variety of missions under "special operations." These missions can include a Non-combatant evacuation (NEO), humanitarian assistance operations (HAO), raids, and a tactical rescue of aircraft and personnel (TRAP). Alpha Company played a role in each of these mission types during

the exercise and was successful in every event.

During this challenging time, the following Marines were rewarded for their efforts with Promotions:

Sgt Fertitta  
Sgt Roles  
Sgt Robelia  
Sgt Zaretski  
Cpl Bracy  
Cpl Brainard  
Cpl Cabral  
Cpl Castanon  
Cpl Fish  
Cpl Koepke  
LCpl Couch  
LCpl Lewis

Also Cpl Heighton received the Navy and Marine Corps Achievement Medal for his efforts as a mechanic during the company's corrosion prevention and control efforts. In October, we also welcomed a new 3<sup>rd</sup> platoon commander, 1stLt Matt Miller.

Once the pre-deployment training for

the MEU had been completed, we turned our attention towards final preparations. Our focus remained on vehicle and weapons maintenance. We conducted two live fire ranges to include a 25mm and M16/M4 shoot. Once our final checks were complete, the Marines and families of Alpha Company enjoyed a very well deserved two-week leave block for the holidays.

As we set forth on the upcoming journey, our thoughts and prayers are with our loved ones, as we know we are in yours. The support you provide to the Marines and Sailors on a daily basis only increases our success and is appreciated by all.

Semper Fi,

D. J. TOMICH

**Cpl Heighton received the  
Navy and Marine Corps  
Achievement Medal!**

## SIERRA Battery Updates

As I write this I try to remember each moment in the workups. Amidst the myriad of training exercises and operations that have gotten us from there to here, it is the simple pleasures I remember the most. These moments of camaraderie and levity make the tough times better and the bad times bearable. Another set of times remembered is the return home after each operation, whether two days or two weeks.

Sierra finds itself to be an effective

combat capable unit that will answer the call to arms when raised. I would like to thank the hidden members of Sierra Battery that have made this possible, the wives. Silently you take care of the home front leaving one less thing for us to worry about at the end of the day. You have directly contributed immeasurably to our success.

As we leave, I know that my family is in good hands with the support of the 2/1 and 5/11 Key Volunteers.

Don't be reluctant to use them as a resource. Information will disseminate through them, while on deployment. I will make every effort to stay in contact with them a couple times a week to let them know what we are doing. Also be looking for the Sierra battery newsletter. It will contain messages home from your husbands.

Semper Fi,

Sierra Company



## ECHO Company Updates

### Echo Company Families:

Your Marines in Echo are doing well. We have completed all of the training leading up to deployment and after enjoying a nice leave period, are on our way to our operating area. While the separation from home is always difficult, morale is high and we are looking forward to what comes next.

Our first stop will be in Hawaii for some training and a quick day off in Waikiki. I think that everyone will be looking forward to our last stop in the United States. While at sea, our time on ship is occupied with the ba-

sic routine of eating, sleeping, working out, weapons and vehicle maintenance, and classes. Occasionally, we take the smaller weapons out to the flight deck for some live-fire training. The days are long, but relatively easy with the highlights of the day being emails from home and movies at night.

I can't stress to you how important your continued support is to the Marines out here. It helps tremendously for your Marines to know that their families are taken care of and doing well. If you have any problems or questions please work through the Key Volunteer network. The Liz

McCoy and the rest of the Key Volunteers are well trained and capable of handling most problems.

Know that your Marines are out doing what they are supposed to do, as Marines. The separation from home is difficult, but they are prepared and well-trained for anything we may face. Be proud of what your Marine has done and for what they may have to do.

Capt Pete McAleer  
Company Commander

## GOLF Company Updates

### Family and Friends of Company G:

Greetings from the USS Tarawa! While our departure a short time ago was a sad occasion because we were forced to say goodbye to our families, I am pleased to report that your Golf Company Marines are quickly adjusting to life back aboard ship.

As we steam west, we look forward to our first port visit—the Hawaiian Islands. While our visit will be relatively short, we will maximize our time by conducting some small unit training over a two day period on “the big island” of Hawaii. We will conclude our visit with two days of liberty in Oahu.

Our next stop, Singapore, will afford us the opportunity to enjoy the sites and sounds of our first foreign port.

We should have an ample amount of liberty in Singapore as well as a number of company and battalion events including our annual PFT, a BLT field meet and a company BBQ.

We will of course spend numerous days aboard ship over the coming months. While life on ship can get monotonous, we will continue to improve our individual and unit skills. PT will be a big part of each day, as will classes/discussions on various topics ranging from tactical proficiency to leadership development. In order to keep our marksmanship skills honed, we will conduct several live fire exercises aboard ship including a battle sight zero of our individual weapons and a pistol familiarization shoot.

**Our first port visit—the Hawaiian Islands where we will conduct some small unit training.**

I will continue to update you throughout the deployment on the progress and exploits of each of your Marines but I would like to take this opportunity to express my thanks, on behalf of all G Company Marines, for your support over the past months. Without your support at home, we could not have enjoyed the success we have had to date. Your continued support, thoughts and prayers throughout our time away will undoubtedly contribute to our future successes and you should know that it is greatly appreciated by each Golf Company Marine.

I hope all remains well on the home front.

Semper Fidelis,

Justin Dunne  
US Marine



## Message from Division Commander

Dear Families,

As we enter the holiday season, the Division remains ready for whatever the nation requires of us. A small number of Division Marines and Sailors have deployed to Kuwait in support of Operation Enduring Freedom. They are safe and being well taken care of. I cannot predict what will be asked of the rest of the Division. As you know, the world situation continues to be very uncertain, and the President faces difficult decisions about how to deal with the threats that Iraq and terrorism pose to our freedom and way of life. This uncertainty can be difficult for all of us, as we do not yet know if or when additional Marines and Sailors of the Division might be called to deploy. I can tell you with great certainty that we will stick together and see one another through this challenging time. I promise you

that.

One of the best ways I can reduce the uncertainty for you is to keep the flow of information open. I am committed to keeping you informed as the situation

changes. I want you to know everything that we know, limited only by the requirements of operational security. Your unit's key

volunteer network will be one of the primary means to pass the most up-to-date information to you, both now and in the event of additional deployments. Please make sure that you know how to contact your unit's key volunteer network. The key volunteers are a valuable information resource for you when you have questions. Also, a family readiness phone

**Call the Toll-free number  
to receive the latest  
update: 1-866-676-0662,  
press 3**

line has been established for the 1<sup>st</sup> Marine Expeditionary Force where you can hear a recorded message from the Division. That toll free number is 1-866-676-0662; press the number 3 to hear the Division's message.

I have absolute faith in the Sailors and Marines of the Division, your Sailors and Marines. They are magnificent men and women, and you should be very proud of them. We are ready for whatever mission we may be called to accomplish, and by working together, we will get through every challenge that confronts us with our faith and sense of humor intact. Thank you for your steadfast support. Semper Fidelis.

Sincerely,

Jim Mattis  
Major General, U.S. Marine Corps  
Commanding General

## Special Thank-You to some Local Business Owners

A special thanks goes out to everyone who donated gifts for the pre-deployment meetings. Your generosity is greatly appreciated.

A few of the Ladies who donated gifts run the following businesses. Please look them up if you should ever need anything in the following areas, support the families of the Marine Corps.

### PartyLite

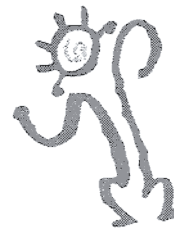
Candles warm everyone's heart...  
FREE Candles, FREE Gifts, FREE  
Shopping  
Call for details!!!  
(760) 721-1551  
Waxaholic@cox.net  
Debbie Keane, SIERRA

### Mary Kay

Elizabeth Radke, WPNS  
949-369-1468  
earadke@aol.com

### JoyFull Creations

Beautiful Custom Florals  
Jennifer Barbara-Frazier, H&S  
760-430-1579  
jenguy@cox.net



## Quick Cookin'

### Baked Chicken and Stuffing



Chicken strips baked with creamy soups, broth, stuffing and cheese. This is a delicious 'casserole' that is very filling.

**Prep Time: 10 Minutes**

**Cook Time: 45 minutes**

**Servings: 8**

#### Ingredients:

2 pounds skinless, boneless chicken breast halves - boiled and cut into

strips

1 (10.75 ounce) can condensed cream of celery soup

1 (10.75 ounce) can condensed cream of chicken soup

1 cup chicken broth, divided

1 1/2 cups shredded mozzarella cheese

1 (6 ounce) package instant stuffing mix

#### Directions:

Preheat oven to 350 degrees F (175 degrees C).

Layer chicken strips in the bottom of a 9x13 inch baking dish. In a medium bowl, mix together cream of celery soup, cream of chicken soup and 1/2 cup chicken broth; pour mixture over chicken.

Sprinkle chicken with cheese, then combine stuffing mix and seasoning packet with remaining 1/2 cup chicken broth, mix together and place mixture on top of chicken.

Bake at 350 degrees F (175 degrees C) for 45 minutes.

## Important Numbers and Addresses

### USS TARAWA

H&S Company  
Rank and Name  
2d Bn, 1st Mar H/S (Sect)  
UIC 39728  
FPO AP 96609-9728

G Company  
Rank and Name  
2d Bn, 1st Mar G Co (Plt)  
UIC 39732  
FPO AP 96609-9732

WPNS Company  
Rank and Name  
2d Bn, 1st Mar WPNS Co (Plt)  
UIC 39733  
FPO AP 96609-9733

CEB  
Rank and Name  
BLT 2/1 CEB Plt  
UIC 39819  
FPO AP 96609-1592

RECON  
Rank and Name  
BLT 2/1 Recon Plt  
UIC 39827

### USS TARAWA, CONT.

LAR  
Rank and Name  
BLT 2/1 LAR (Plt)  
UIC 39728  
FPO AP 96609-9728

### USS RUSHMORE

E Co and Tank Plt  
Rank and Name  
2d Bn, 1st Mar E Co (Plt)  
UIC 39730  
FPO AP 96609-9730

WPNS Co  
Rank and Name  
2d Bn, 1st Mar Wpns Co (Plt)  
UIC 39835  
FPO AP 96609-1672

S Btry 5/11  
Rank and Name  
BLT 2/1 LAR Co (Plt)  
UIC 39875  
FPO AP 96609-1572

### USS DULUTH

H&S Co  
Rank and Name  
2d Bn, 1st Mar H/S (Sect)  
UIC 39729  
FPO AP 96609-1151

F Co  
Rank and Name  
2d Bn, 1st Mar F Co (Plt)  
UIC 39731  
FPO AP 96609-9731

CEB  
Rank and Name  
BLT 2/1 CEB Plt  
UIC 39819  
FPO AP 96609-1598

Btry S  
Rank and Name  
BLT 2/1, S Btry (Plt)  
UIC 39815  
FPO AP 96609-1573

#### DADD (at home contact)

Work: 760-725-7684/7687  
Cel: 760-207-5631  
Donnellyrs@1mardiv.usmc.mil



## Promotions and Re-Enlistments

### To Sergeant:

Sgt Pugh	FOX
Sgt Broadfoot	FOX
Sgt Fertitta	LAR
Sgt Roles	LAR
Sgt Robelia	LAR
Sgt Zaretski	LAR
Sgt Gonzales	H&S
Sgt Senteno	H&S

### To Corporal:

Cpl Wellington	FOX
Cpl Luginbuhl	FOX
Cpl Nicholson	FOX
Cpl Bracy	LAR
Cpl Brainard	LAR
Cpl Cabral	LAR
Cpl Castanon	LAR
Cpl Fish	LAR
Cpl Koepke	LAR

### To Lance Corporal:

LCpl Gonzalez D.	FOX
LCpl Couch	LAR
LCpl Lewis	LAR
LCpl Johnson	H&S
LCpl Daniels	H&S

### Navy and Marine Corps Achievement Medal Winners:

SSgt Huerta	H&S
Sgt Decker	Recon
Sgt Krajnik	Recon
Sgt Lalota	Recon
Cpl Heighton	LAR

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### Hello To:

SSgt and Lisa Lerma of FOX Company with sons Nicholas and Brandon.

### Good-Bye To:

SSgt McGuire and Michelle of FOX Company

## Other Big News!!

### A New Baby!

Congratulations on the arrival of a new baby to your family!! We are so happy for you!

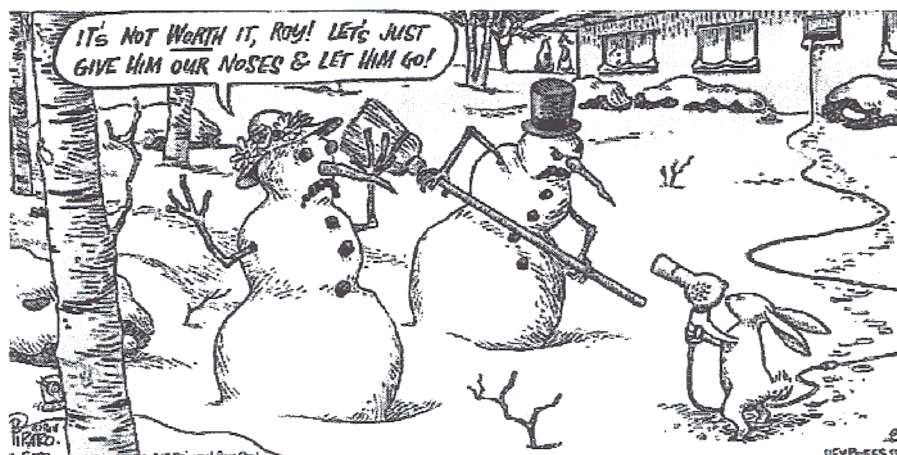
- Currie FOX
- Beaa FOX
- Karina Barger, had a baby boy, Marco



### A New Marriage:

- Cpl Wellington FOX
- Cpl Wright FOX
- LCpl Garcia FOX

## Tips to Keep Safe:



If you live alone, or if your spouse is deployed... don't advertise it. This is not a message you want to send to others except trusted friends and neighbors.

- Regardless of where you are, stay alert and aware of your surroundings. Appear calm and confident in your mannerisms.
- Trust your instincts. If you feel uneasy about someone or a particular situation, remove yourself.
- Have your car keys or house keys ready prior to opening the door.

When shopping, keep your money secured in your bill-fold and your purse closed. Do not display large amounts of money or other valuables.

If you think someone is following you, change direction and head toward well lit and well populated surroundings.

Tell children to never admit to being home alone on the telephone or to someone at the door.

Teach children how to contact the police. Make sure they know their address and phone number, as well as the neighbor's.

Park in well lit lots. If you have to work late or are shopping at night, consider having a security guard walk you to your car/

Always lock your doors, even if you are only going out for a few minutes. This includes garage and cellar doors as well.

## USMC — Camp Pendleton

2nd Battalion, 1st Marines  
1st MARDIV, M11104  
Camp Pendleton, CA

Key Volunteer Phone:  
760-725-6637



# The Few. The Proud. The Marines.

## Family Resources Page

### Did you know you can get free Bread?

The bread ministry is provided by H.U.G. All ranks are welcome—you can pick up free bread at the South Mesa Chapel on Wednesday's (1700-1900), Deluz -227 Masan Ct Every other Friday (1630-1830) and the Stuart Mesa Community Center, opposite Friday of Deluz, (1730-1830). More info, call 760-725-2929 (South Mesa Chapel) or call Janice Parris at 760-430-2618. BRING YOUR OWN BAGS

#### Camp Pendleton Activities

Athletics	760-725-6289
Intramural Sports	760-725-6806
Health Promotion	760-763-3794
Auto Hobby Shops	760-725-5906
Bowling and Billiards	760-725-5945
(Bowling)	
• .50/person/game	(Mon-Thur) 1p-4p
• \$2/person/game	(Mon-Thu) 4P-close
• \$2.50/person/game	(Fri-Sat) All Day
(Billiards)	
• \$4 for 2 hours/table	<i>They also have 40</i>
• \$1 every 15 min after 2 hours/table	<i>Arcade Games</i>
Del Mar Beach	760-725-2134
San Onofre Beach	760-725-7629
Golf Course	760-725-4756
• E5 and Below	(M-F) \$6 (S-S) \$8
• E6-O3	(M-F) \$13 (S-S) \$15
• O4 and Above	(M-F) \$15 (S-S) \$17
• Guests	(M-F) \$23 (S-S) \$28
• Golf Cart Rental	(18 holes) \$9/person
	(9 holes) \$5/person
Del Mar Marina	760-725-7245
Scuba Center	760-725-5910
• \$275 Entry Level Course	
Stables	760-725-5094
Skeet and Trap	760-725-4832
• \$3.00/round	
• \$3.50/box of ammo	
• Free use of guns	

#### Emergency Numbers

Military Police MCB Camp Pendleton	911 or 760-725-3888
Child Abuse Hotline	800-344-6000
E.Y.E. Counseling and Crisis Services	760-747-6281
Naval Hospital	760-725-1288
Rape Crisis Hotline	619-233-3088
Suicide	800-479-3339
Woman's Resource Center	760-757-3500

#### Assistance Numbers

Military Parish Visitors (Food)	858-792-2205
Readiness Support	760-725-9790
Marine Corps Join Legal Assistance	760-725-6172
Navy Marine Corps Relief Society	760-725-5337
Salvation Army (Clothing)	760-631-8212
Life-Line Community Services (Food)	760-726-4900
Community Resource Center (Food)	760-729-9300
Base Housing	800-843-2182
Child Development	760-725-9723
DEERS	760-725-2768
TRICARE	800-242-6788
WIC	760-433-3814
American Red Cross	619-291-2620
Career Focus	760-725-9479
New Parent Support Program	760-725-3884
LINKS	760-725-2335